

October 2026 Seminars (In-person and Virtual)

Pre-register for all seminars listed below (virtual/in-person). By donation at door for in-person. All seminars are in-person unless otherwise stated. If attending a virtual seminar, the Zoom link will be provided 12-24 hours prior.

Refer to the Fall 2026 Community Guide for descriptions.

Weird Cravings - Presented by The Wellington County Museum & Archives. Thursday, October 8 at 11:00 am.

Chris and Sue's Excellent 'Russian' Adventure - Join the Ledger's slide-show travelog as they cruise down Russia's waterways from St. Petersburg to Moscow. Wednesday, October 14 at 11:00 am.

Hearing Screening Clinic – presented by Canadian Hearing Services. Meet one-on-one with a Hearing Care Counsellor and receive your results immediately. If you wear hearing aids, discuss questions about your current aids. Book your 30-minute appointment by calling the Seniors Centre. No charge. Thursday, October 15.

Advance Care Planning - Presented by Hospice Wellington. Thursday, October 15 at 10:30 am.

Voter Assistance - Staff and volunteers will be present to support and assist with the voting process. All eligible voters for the Township of Centre Wellington's municipal election are welcome to attend. No appointment - Drop-in to Victoria Park Seniors Centre on Mon., Oct. 19 from 10 am to 12 pm or Wed., Oct. 21 from 10 am to 12 pm.

Late Day Restlessness (Sundowning) - Presented by Robin Smart, Public Education Coordinator, Alzheimer Society Waterloo Wellington. Thursday, October 22 at 10:30 am.

Healthy Habits That Stick – Presented by Waterloo Wellington Self-Management Program. Mon, Oct. 26 at 10 am.

Federal Benefits and Programs for Seniors – Presented by Janny Dang Tran, Citizen Services Specialist with Service Canada. Wednesday, October 28 at 11:00 am.

Organizing 101 - Presented by Cathy Mendler, A New Leaf Organizers. Thursday, October 29 at 10:00 am.

October 2026 Special Events (In-person). Pre-register!

Thanksgiving Lunch – Wednesday, October 7 at 12:00 pm – menu on the front of calendar. Register and pay by Friday, October 2.

Monthly Musical Afternoon – Wednesday, October 7 at 1:30 pm – Join us for lunch and stay for the musical entertainment afterwards. By donation at the door for VPSC.

New Member Talk and Tour – October 19 at 10:00 am. No charge. Pre-register.

Oktoberfest Lunch – Wednesday, October 21 at 12:00 pm – menu on the front of calendar. Register and pay by Friday, October 16.

Bus Trips 2026 NON-REFUNDABLE. NON-TRANSFERABLE.

All trips depart from and return to VPSC. Return times approximate, depending on weather/traffic. Those who require special assistance are responsible for arranging an escort to assist. Our Travel Escort Volunteer cannot provide special care/assistance. Travel arrangements are made in collaboration with Great Canadian Travel TICO# 2280154. Bus trips subject to change. All trips include luxury coach transportation with washroom, bus driver gratuity, HST. **Refer to the Fall 2026 Guide for descriptions.**

~~**Toyota & African Lion Safari** – Wed., October 7. \$185 mem, \$199 non. **Cancelled.**~~

The Christmas Truce & St. Jacobs Tour – Fri., Nov 27. Depart 8am, return 7:15pm. \$205 mem, \$219 non.

Christmas In Niagara – Fri. Dec. 4. Depart 8:45 am, return 9:15pm. \$185 mem & \$199 non. **FULL**

October 2026

Victoria Park Seniors Centre - 150 Albert Street West, Fergus, ON N1M 1X2

Monday to Friday 8:30 am to 4:00 pm Phone: 519.846.9691 x204

Email: seniorscentre@centrewellington.ca

View Programs, information: www.centrewellington.ca/seniorscentre

Register online: <https://ca.apm.activecommunities.com/centrewellington/>

The Centre will be closed on Monday, October 12th for Thanksgiving.

**The Fall 2026 Community Guide covers September, October, November, December.
Register today!**

Township of Centre Wellington Refund Policy in effect:

1. A full refund will be issued for all courses cancelled by the Township.
2. Request for refunds must be received 1 week prior to program start date.
3. No refunds will be issued within 1 week of the program start date.
4. No refunds will be issued for bus trips or lunches.
5. Transfers will be accepted prior to 3rd class. No transfers beyond the 3rd class.
6. A **\$20 administration fee** will be applied to refunds requested.

Wednesday Lunch

Cost: \$14 members or \$15 non-mem (unless otherwise stated). Non-refundable. Take outs available.

Register and pay by the Friday prior in person, by phone or online.

Wednesday, October 7 at 12:00 pm – Thanksgiving Lunch (pay by October 2 at 4pm).

Menu: Turkey, Stuffing, Mashed Potatoes, Turnip, Carrots, Gravy, Cranberries, Pumpkin Pie & Whipped Cream.

Wednesday, October 21 at 12:00 pm – Oktoberfest Lunch (pay by October 16 at 4pm).

Menu: Sausages with Sauerkraut & Sauteed Onions, Hashbrown Casserole (with peppers & onion), Green & Yellow Beans, Apple Pie With Ice Cream.

New to the Centre? Looking to meet people? Want to attend a lunch (or another program) but would like to have someone to sit with? Reach out to Kelly to connect with a “**Community Connector**” today.

The VPSC is accepting applications for Positions on the Board Of Directors

The Nominating Committee is looking for members willing to stand for election to the Advisory Board for a term of THREE YEARS commencing JANUARY 1, 2027. There are three (3) Directorships to fill. The election will take place at the Centre's Annual General Meeting (AGM) held on Thursday, November 26, 2026 at 2:00pm.

The VPSC Advisory Board is a committee of the Township of Centre Wellington and is a liaison between the Township and the VPSC Membership. Members are elected or appointed to the Advisory Board as per the VPSC Constitution. Board Members will work to meet the objectives of the VPSC as outlined in the VPSC Constitution. Advisory Board meetings are held the first Monday of each month and are approximately one hour. To view the Advisory Board position descriptions, VPSC Constitution or to submit an application form, please contact: Kelly Hall, Seniors Volunteer & Membership Coordinator.

If you are interested in standing for election or would like to nominate a member for election, please advise one of the members of the Nominating Committee:

Joanne Whitney 519.831.1193 (Chair)

Emi Embrey 519.846.5217

Don Barfoot 226.668.0429

Shirley Moser 519.573.0698

MONDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 8:40 Recreational Belly Dance 9:30 Canasta 1:00 Choir & Ukulele Band: Melody Makers	TUESDAY Drop-in Activities 9:00–4:00 Billiards & Snooker (1:00 Ladies Only) 9:30 Bunka 10:30 Genealogy, 11:35 Tap Dancing 1:00 Bid Euchre, 1:00 Shuffleboard 1:00 Hand & Foot, 1:00 Wii Bowling, 3:00 French	WEDNESDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker 10:00 Crokinole (resume Nov 4) 10:30 Creative Writing, 1:00 Arts & Crafts Group 1:00 Euchre, 3:00 Line Dancing	THURSDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Darts 9:30 Scrabble, 1:00 Bingo,1:00 Social Bridge 4:00 Table Tennis (resumes November 5) 1:00 Guitar Band: Country Classics 4:00 Pastime Entertainment, 7:30 Euchre	FRIDAY Drop-in Activities 9:00 – 4:00 Billiards & Snooker, 9:30 Cribbage 9:30 Mah Jong, 11:00 Book Club (October 2) 11:15 Spanish, 1:00 Ukulele Band 1:00 Carpet Bowling 1:00 Texas Hold'em Poker
LEGEND GREEN – Health & Wellness Clinics BLACK–Course Start, Bus Trip RED – In Person Seminar, Events BLUE – Virtual (Zoom) Program	Get registered for our October Lunches! Oct. 7 – Thanksgiving Oct.21 – Oktoberfest	VPSC’s Annual General Meeting will be held on Thurs. Nov. 26 at 2:00pm. Note: All afternoon activities at the Centre will be cancelled. Members are encouraged to attend.	1 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Chair & Standing Yoga With Michelle 10:30 Qigong for Energy, Balance & Wellness NEW 11:30 Movement For Healthy Joints & Muscles 11:40 Chair Yoga With Nelda 12:00-3:00 Osteopath Clinic (by appt.) 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	2 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW 8:40 Low Impact Cardio & Muscle 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French Beginners For Those Wishing To Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Move Strong, 10:35 Standing & Seated Yoga 11:30 Dance Choreography for Fun for Seniors 12:00-3:00 Osteopath Clinic (by appt.) 12:30 French Course 4 (held at 10:00 am) 1:00 Drawing Fundamentals Level 1, 1:30 French 2
5 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning 9:00 Advisory Board Meeting 9:00-2:00 Reflexology Clinic (by appt.) 9:35 Pilates Strong, 9:35 Zumba Gold 10:00 Urban Pole Walking Workshop 10:15 Program Committee Meeting 10:30 Essentrics, 10:30 Standing/Seated Yoga 11:00-3:00 Fitness, Nutrition & Wellness Clinic (by appt.) 11:30 Standing & Seated Yoga With Karen 11:45 Strength Training & Core 1:00 Move Strong (end), 1:00 All About Osteoarthritis 1:00 Osteo Fit NEW, 2:15 Osteo Fit 3:15 Osteo Fit, 5:00 Pilates: Gentle	6 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning 9:30 Tai Chi Level 1, 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2, 10:30 Yoga With Sarah NEW 11:00 Moderate Slow Yoga 11:30 Movement for Healthy Joints & Muscles 12:15 Tai Chi Level 1 NEW, 1:15 Tai Chi Level 2 NEW 1:30 Interactive & Fun Beginner Spanish Level 1 3:15 All Around Fitness	7 (Daily Drop-In Activities listed above) 8:15 BUS TRIP: Toyota & African Lion Safari 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Yoga w Sarah, 9:35 Core & Control Circuit 9:50 Building Strength Core 10:00 Flowers In A Pumpkin Centrepiece 10:00 Meditation Series, 10:30 Essentrics 11:00-12:00 Blood Pressure Clinic (drop-in) 11:30 Standing & Seated Yoga With Karen 12:00 Thanksgiving Lunch (Pay by Oct. 2) 1:00 Music Appreciation, 1:00 Move Strong 1:30 Musical Afternoon Program (by donation) 2:15 Osteo Fit, 3:15 Osteo Fit	8 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Chair & Standing Yoga With Michelle 10:30 Qigong for Energy, Balance & Wellness NEW 11:00 Weird Cravings 11:30 Movement For Healthy Joints & Muscles 11:40 Chair Yoga With Nelda 12:00-3:00 Osteopath Clinic (by appt.) 1:00 Navigating Peri & Post Menopause with Confidence 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	9 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW 8:40 Low Impact Cardio & Muscle 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French For Beginners Wishing To Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Move Strong, 10:35 Standing & Seated Yoga 11:30 Dance Choreography for Fun for Seniors 12:30 French Course 4 (held at 10:00 am) 1:00 Drawing Fundamentals Level 1 1:30 French Course 2
12 Thanksgiving. Centre Closed.	13 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning 9:30 Tai Chi Level 1, 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2, 10:30 Yoga With Sarah NEW 11:00 Moderate Slow Yoga 11:30 Movement for Healthy Joints & Muscles 12:15 Tai Chi Level 1 NEW, 1:15 Tai Chi Level 2 NEW 1:30 Interactive & Fun Beginner Spanish 1 (end) 3:15 All Around Fitness	14 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning, 9:15 Fit Bones 9:35 Yoga w Sarah, 9:35 Core & Control Circuit 9:50 Building Strength Core 10:00-2:15 Chair Massage Clinic (by appt.) 10:00 Meditation Series, 10:30 Essentrics 11:00 Chris & Sue's Excellent Russian Adventure 11:30 Standing & Seated Yoga With Karen 1:00 Music Appreciation, 1:00 Move Strong (end) 2:15 Osteo Fit, 3:15 Osteo Fit	15 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:35 Yoga with Sarah 9:30-3:30 Hearing Screening Clinic (by appt) 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Chair & Standing Yoga With Michelle 10:30 Advance Care Planning 10:30 Qigong for Energy, Balance & Wellness NEW 11:30 Movement For Healthy Joints & Muscles 11:40 Chair Yoga With Nelda 1:30 Minds in Motion (Register w Alz Soc), 5:00 Pilates	16 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW 8:40 Low Impact Cardio & Muscle 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French For Beginners Wishing To Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:30 Move Strong (end), 10:35 Standing/Seated 11:00-3:00 Osteopath Clinic (by appt.) 11:30 Dance Choreography for Fun for Seniors 12:30 French Course 4 (held at 10:00 am) 1:00 Drawing Fundamentals Level 1 1:30 French Course 2
19 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning (end) 9:00-2:00 Reflexology Clinic (by appt.) 9:35 Pilates Strong, 9:35 Zumba Gold (end) 10:00 New Members Talk & Tour 10:00 Voter Assistance (for CW residents) Drop-in! 10:00 Urban Pole Walking Refresher 10:30 Essentrics (end), 10:30 Standing/Seated Yoga 11:30 Standing & Seated Yoga With Karen (end) 11:45 Strength Training & Core 1:00 All About Osteoarthritis, 1:00 Osteo Fit NEW 2:15 Osteo Fit, 3:15 Osteo Fit, 5:00 Pilates: Gentle	20 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold (end) 9:00-4:00 Foot Care Clinic (by appt) 9:15 Fit Bones Plus, 9:35 Zumba Gold-Toning (end) 9:30 Tai Chi Level 1, 9:35 Building On The Basics 9:50 Building Strength: Lower Body 10:30 Tai Chi Level 2, 10:30 Yoga w SarahNEW (end) 11:00 Moderate Slow Yoga 11:30 Movement for Healthy Joints & Muscles (end) 12:15 Tai Chi Level 1 NEW, 1:15 Tai Chi Level 2 NEW 3:15 All Around Fitness	21 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle 8:40 Zumba Gold-Toning (end), 9:15 Fit Bones 9:00-2:00 Reflexology Clinic (by appt.) 9:35 Yoga w Sarah (end) 9:35 Core & Control Circuit 9:50 Building Strength Core 10:00 Urban Pole Walking Exercise With Nancy 10:00 Voter Assistance (CW residents) Drop-in! 10:00 Meditation Series, 10:30 Essentrics (end) 11:30 Standing & Seated Yoga With Karen (end) 12:00 Oktoberfest Lunch (Pay by Oct. 16) 1:00 Music App (end), 2:15 Osteo Fit, 3:15 Osteo Fit	22 (Daily Drop-In Activities listed above) 8:40 Strength Training, 8:40 Zumba Gold-Toning (end) 9:15 Fit Bones Plus, 9:35 Yoga with Sarah (end) 9:35 Strength Training Beginner 9:50 Building Strength: Upper Body 10:30 Chair & Standing Yoga With Michelle 10:30 Late Day Restlessness (Sundowning) 10:30 Qigong for Energy, Balance & Wellness NEW 11:30 Movement For Healthy Joints & Muscles (end) 11:40 Chair Yoga With Nelda 12:00-3:00 Osteopath Clinic (by appt.) 1:00 Fermented Foods: What's All The Hype 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level	23 (Daily Drop-In Activities listed above) 8:40 Zumba Gold-Toning NEW (end) 8:40 Low Impact Cardio & Muscle 9:30 Yoga With Jane, 9:35 Barre Strong 10:00 French For Beginners Wishing To Travel 10:30 Yoga & Movement Healthy Joints & Muscles 10:35 Standing & Seated Yoga 11:30 Dance Choreography for Fun for Seniors 12:00-3:00 Osteopath Clinic (by appt.) 12:30 French Course 4 (held at 10:00 am) 1:00 Drawing Fundamentals Level 1 1:30 French Course 2
26 (Daily Drop-In Activities listed above) 9:00-2:00 Reflexology Clinic (by appt.) 9:35 Pilates Strong (end) 10:00 Healthy Habits That Stick 10:30 Love Your Liver 10:30 Standing & Seated Hatha Yoga (end) 11:45 Strength Training & Core (end) 1:00 All About Osteoarthritis (end) 1:00 Osteo Fit NEW (end), 2:15 Osteo Fit (end) 2:30 Yoga For Beginners Workshop 3:15 Osteo Fit (end), 5:00 Pilates: Gentle (end)	27 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 9:15 Fit Bones Plus (end), 9:30 Tai Chi 1 (end) 9:35 Building On The Basics (end) 9:50 Building Strength: Lower Body (end) 10:00 Anti-Inflammatory Nutrition 10:30 Tai Chi Level 2 (end) 11:00 Moderate Slow Yoga (end) 12:15 Tai Chi Level 1 NEW (end) 1:15 Tai Chi Level 2 NEW (end) 3:15 All Around Fitness (end)	28 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:15 Fit Bones (end) 9:00-2:00 Reflexology Clinic (by appt.) 9:35 Core & Control Circuit (end) 9:50 Building Strength Core (end) 10:00 Urban Pole Walking Exercise With Nancy 10:00 Meditation Series 11:00 Federal Benefits and Programs for Seniors 1:00 Introduction To Shakespeare 2:15 Osteo Fit (end), 3:15 Osteo Fit (end)	29 (Daily Drop-In Activities listed above) 8:40 Strength Training (end) 9:15 Fit Bones Plus (end) 9:35 Strength Training Beginner (end) 9:50 Building Strength: Upper Body (end) 10:00 Organizing 101 10:30 Chair & Standing Yoga With Michelle (end) 10:30 Qigong for Energy, Balance & Wellness NEW (end) 11:40 Chair Yoga With Nelda (end) 12:00-3:00 Osteopath Clinic (by appt.) 1:30 Minds in Motion (Register with Alz Society) 5:00 Pilates: Mixed Level (end)	30 (Daily Drop-In Activities listed above) 8:40 Low Impact Cardio & Muscle (end) 9:30 Yoga With Jane (end), 9:35 Barre Strong (end) 10:00 French For Beginners Wishing To Travel (end) 10:30 Yoga & Movement Healthy Joints & Mus (end) 10:35 Standing & Seated Hatha Yoga (end) 11:30 Dance Choreography for Fun for Seniors (end) 12:00-3:00 Osteopath Clinic (by appt.) 12:30 French Course 4 (held at 10:00 am) (end) 1:00 Drawing Fundamentals Level 1 (end) 1:30 French Course 2 (end)